

A REPORT ON ENDURANCE LEVEL OF KHO-KHO PLAYERS BEFORE THE PRACTICE OF YOGIC ASANAS AND PRANAYAMA

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ABSTARCT

The world is moving ahead in technology, science, commerce and other aspects and the progress should not hamper the health feature of an individual. Health is considered to be a crucial component in the wholesome progress of an individual in socio-cultural scope of life. Health related Physical fitness is used as a way to measure Individuals fitness. Endurance is the ability to continue with an unpleasant or difficult situation, experience, or activity over a long period of time. Self-body image or self- appearance play a vital role in uplifting our state of physical, mental as well as social health behavior. The purpose of the present investigation was to examine the endurance of kho kho players before the four weeks of practice of yogic asana and pranayama and after the practice of asanas for four weeks once again the endurance test will be administered for the players. Beep test was used for measuring the endurance capacity of subjects under investigation.

Key words: Fitness, Endurance, Beep test, Kho Kho Players.

Introduction

The world is progressing in science, medicine, engineering and other aspects and the progress should not hinder the health aspects of an individual. The change in the society has a bad effect on the health of the people and it leads to an unhappy and unhealthy life style which invites many problems in our health and health of the society. The life style of every individual is changing and particularly due to the increasing dependence on technology physical activities are declining and hence there is now a greater need for physical fitness. Individuals should be able to work with care and consciousness. One should not feel stressed or fatigue while performing the daily activities and should be able to enjoy the work.

Health is considered to be an essential component in the wholesome development of an individual in socio-cultural dimensions of life. Promotion and maintenance of health is taken very seriously in the modern context. Every individual should take care of his health on the daily basis. To remain fit we should eat healthy and exercise daily to avoid non communicable diseases. Across the world many people are suffering from obesity due to wrong lifestyles and the unhealthy daily

routine that they are follow in their life. Under the leadership of World health organization health day is practiced to draw the attention of the people worldwide towards health issues.

Across the world many of the people are suffering due to stressful daily routine that they are following in their life. Under the directions of the World Health Organization, health day is celebrated to draw the attention of the people regarding health of the individual as well as the global health. World health day provides scope to create awareness in the common people regarding health issues and concern regarding health for the uplifting of the next generation. Health should focus on increasing life expectancy by maintaining good health habits.

Our day to day requirements are changing because of the life style and increase in the technological aspects. Physical fitness is very much essential in modern day. The activity is to be carried out the daily work with care and consciousness. The fatigue Factor should not be there to do our daily routine activities and we should enjoy our work.

Health related Physical fitness is used as a way to measure Individuals fitness. Health related physical fitness can be useful in maintaining physical fitness in day to day life. There are five components of health related physical fitness: Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Flexibility and Body Composition.

The individual gives more emphasis on health and day to day living because both risk and safer factor in social environment are crucial. Knowing our own body mechanism, we can avoid many non-communicable diseases like obesity, hypertension, heart diseases and cancer. The knowledge of one's own health formulated in the earlier life can give good result in the future days. The basic idea regarding attitude of weight control, eating disorders are very important to know our health and fitness very clearly. Self-body image or self- appearance play a vital role in uplifting our state of physical, mental as well as social health behavior. Psychological factors like negative self-body images may spoil our life which leads to denial impression while we get older and older.

In these days, life style as an important factor of health for every individual. According to World Health Organization, 60% of related factors to individual health and quality of life are correlated to life style. Thousands of people are following negative type of life style. Illness, weak nutrition and death are very often. The joint fever or disease, skeletal problems like arthritis, Hypokinesia, lordosis and scoliosis are very common. Cardio diseases like hypertension and hypotension are high in modern life because of unhealthy life style. Obesity and weight gain are primary risk factor of health (Ziglio, Currie and Rasmussen, 2004).

Endurance is the ability to continue with an unpleasant or difficult situation, experience, or activity over a long period of time will decreases the risk of heart related diseases. Body composition can be maintained by burning fat easily through cardio exercises. A Cardio-vascular endurance activity is likely to help in releasing stress and reduce bad cholesterol and helps to improve increase in good cholesterol.

The objective of study

The purpose of the present investigation was to examine the impact of yogic asana and pranayama on endurance of kho kho players.

Methodology

The subjects for the present study were sixtykho kho players under the age group of 19 to 23 years. Beep test was used for measuring the actual endurance capacity of subjects under investigation. Subjects reached one line to another, twenty meters apart, before the beep. Over the time the beep sound became shorter and the subject had to increase the speed of his running. Flat and non-slippery surface, cones for marking boundary, measuring tape, audio with beep sound, recording sheet, music system with speaker were used for the conduct of beep test. This test involved continuous running in between the twenty meter marking according to the beep sound. Subject stood facing the twenty meter marking line and cone and started running when the instruction was given. The starting will be slow and at every stage the gap between beep sound becomes shorter and the subject should run faster than before to catch with the beep. Before the beep sound the subject reached the line, and waited for the beep sound to continue running. If the subject was not reaching the prescribed line should be given warning. If he repeatedly fails to catch the beep and reach the line, the subject was asked to stop running. The level and the number of shuttles were counted and registered in the beep test score sheet. The recorder recorded the last level completed by the subject. The level and the shuttle were then converted to the Vo2 Max measured in milliliters of oxygen per kilogram of bodyweight per minute (ml/kg/min).

Findings of the study

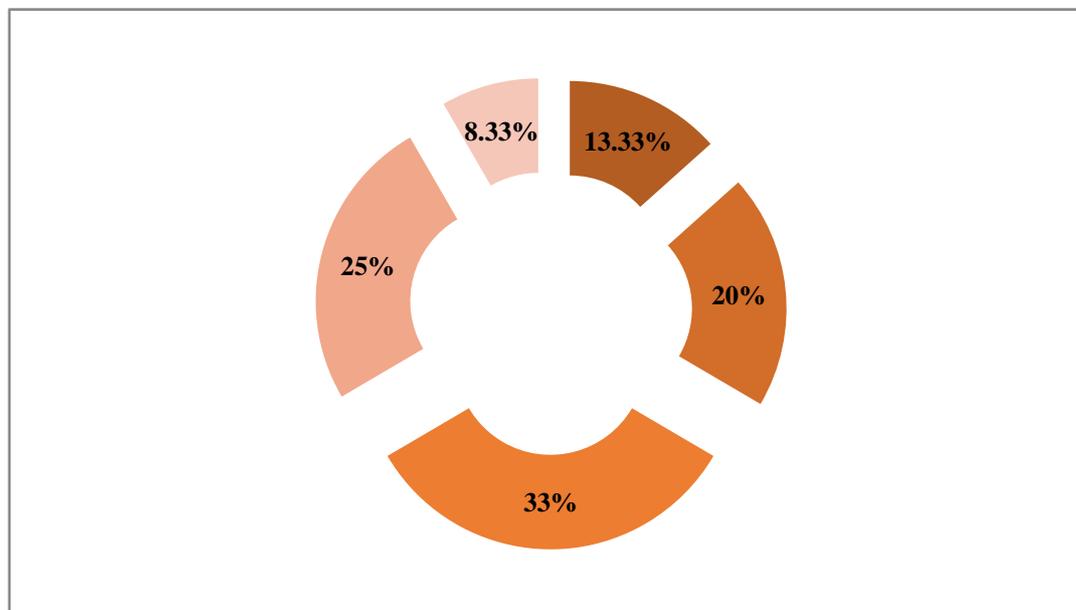
The raw data on endurance measured in terms of Beep test were subjected on the suitable norms based expressions.

Table.1 Norms based expression of endurance of Kho Kho Players before the practice of yogic Asanas

Endurance ranges	Number of subjects	Percentage	Normative category
Below 33	08	13.33	Very poor
33.0 to 36.4	12	20	Poor
36.5 to 42.4	20	33.33	Fair
42.5 to 46.4	15	25	Good
46.5 to 52.4	05	8.33	Excellent

From table 1 it becomes clear that 13.33% of the under kho kho players are 'Very Poor' in Endurance; 20% of the kho kho players are having 'Poor' Endurance; 33.33% of the kho kho players are 'Fair'; 25% are having 'Good' Endurance and 8.33% of the kho kho players are having 'Excellent' Endurance. The above results are graphically shown in figure 2.

Figure 2 Graphical illustration of norms based classification of Kho Kho players on Endurance before the practice of yogic Asanas



Discussion

It becomes clear before the practice of yogic asanas that 13.33% of the kho kho players are 'Very Poor' in Endurance; 20% of the kho kho players are having 'Poor' Endurance; 33.33% of the kho kho players are 'Fair'; 25% are having 'Good' Endurance and 8.33% of the kho kho players are having 'Excellent' Endurance.

Conclusion

This indicates that the kho kho players had fewer tendencies to exercise regularly. Participating in physical activities, in this age is very less. Modernized and sophisticated life style leads to neglect the physical activities. Economic condition can be the reason for not taking part in sports activity and yogic asanas practices. Poor quality sleep results in less endurance kho kho players.

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